



June 2023

Damascus 55+ Senior Center

9701 MAIN STREET, DAMASCUS, MD 20872

240-777-6995

ANNOUNCEMENTS

We are closed on Monday, June 19 for Juneteenth.

June is the start of another new season for the Department of Recreation which means that yet again, we need all participants to fill out a form re-registering for all of our ongoing programs and classes. Forms are available at the front desk. Thank you in advance for helping us capture the full volume of participation in our programs!

SPECIAL EVENTS

Special Programs Daily at 1:00 pm Activity #R07107-512

Dates with special guests include:

- ♦ **Birthday Celebration:** Thurs., Jun. 1 sponsored by the Y Women
- ♦ **Music by Frank Plumer:** Wed., Jun. 7
- ♦ **Piano Tunes with Gwen:** Fri., Jun. 16
- ♦ **Monthly Chat with the Director:** June 28

Blood Pressure Screening: Wed., June 7, 10:30-11:30

Stepping through the States: Check out this fun, interactive walking challenge posted in the hallway with a map of the U.S.!

Watercolor Class: July 10-Aug. 14, Mondays, 10:00 am—12:00 noon, space is limited and registration is required. Activity #R07095-519

Mosaics, Music in Motion, and Strength & Balance with Dan are all returning. Dates and Activity Numbers are not yet available. Stay tuned for details!

And much more! Check out the inside and calendar!

DAMASCUS SENIOR CENTER HOURS

Monday—Friday

**9:00 a.m.—4:00
p.m.**

TEAM MEMBERS

Director:
Cathy Richards

**Nutrition
Coordinator:**
Teresa Wu

**Special Events
Coordinator:**
**Lisa Cassarino
Liscinsky**

**Recreation
Assistants:**
**Carmen Flores
Suzie Diddle**

JCA Bus Driver:
Pierre Jean Claude

DSCSI:
Elaine DeStefano

Day Porter:
Maria

**We also have many
treasured volunteers
helping at the front
desk. Together, we
are delighted to
spend the day with
you! Please let us
know how we can be
of assistance!**

Exercise Room and Billiards Room

Open for your pleasure Monday-Friday, 9:00 am—4:00 pm
Exercise Room Activity #R07039-504, Billiards Room Activity #R07103-501
Need pointers on playing billiards? Jessie is available most Tuesdays at 1:30 pm!

Needlecraft Room

Join other needlecrafters on Thursdays, 11:00 am, Activity #R07053-502

Game Time

Bridge, Tuesdays, 11:00 am, Activity #R07074-504
Mah Jong, Wednesdays, 12:00 pm, Activity #R07047-503
Canasta, Thursdays, 1:00 pm, Activity #R07112-501

Exercise Classes

Walking Club on Mondays, 10:00 am (Free) Activity #R07035-508
Chairobics, Tuesday-Friday, 10:00 am (Free) Activity #R07066-502
Tap Dance on Mondays, 11:00 am (\$) - Activity #R07007-303
Tai Chi on Tuesdays, 11:00 am (Free) Activity #R07025-512
Zumba on Wednesdays, 11:00 am (Free) Activity #R07070-506
Yoga on Fridays, 11:00 am (Free) Activity #R07029-504

Meal Program

Lunch is served every day at 12:00 pm, provided by the *Meals on Wheels Senior Nutrition Program*. Reservations are required to participate. Speak to one of the Staff and they will walk you through the process. This includes reviewing the menu for the month, deciding which day(s) you'd like to participate, and then selecting the hot, cold, or vegetarian choice for each day. If you make a reservation for a meal and miss without cancelling by 11:00 am the day before, you will be recorded as a "no-show" for the day. If you have three no-shows in a month, you will be unable to participate again until the next month. Stand-by meals are not guaranteed. Donations are suggested at the rate of \$2.00 per meal for those 60+ years of age. Guests under the age of 60 are asked to pay \$7.05, which is the full cost of the meal.

Shopping Trips

Bring your shopping list and join us!

Mt. Airy Walmart: Tuesday, June 6, 9:30 am, Activity # R07101-517

Milestone Walmart, Tuesday, June 20, 9:30 am, Activity # R07101-518

Free Bus Transportation

Free Bus Transportation is available for those who live within a 5-mile radius, mornings and afternoons, Monday-Friday. Reservations can be made in person at the center or by calling the front desk at 240-777-6995. The bus arrives at the Center at 9:00 am and departs at 2:15 pm.

Aging and Disability Services (240-777-3000)

Assistance available with Tracy Carter. Leave a message at 240-777-1060. This program can answer questions about senior health services, transportation, provide housing information, and offer consultations with a Senior Information Specialist about County and other resources.

Aging & Disability 1:1 Meetings with Tracy Carter will be available on Wed., Jun. 21. Call Tracy to make an appointment.

Coping with Change, Thursdays at 11:00 am

Free drop-in support group with Andrea Chandler focusing on both support and coping skills to handle the changes that seniors experience as they age. Sponsored by the Affiliated Sante Group. For questions, call 301-332-0462, *Activity #07076-503*

Join the Tea Dancers!

The Tea Dancing group meets every **Thursday from 1:00—2:00 pm** for dancing followed by refreshments. Bring a partner and enjoy music and movement! Note that this is not dance lessons and there are no instructors; rather, this is company with a common interest! *Activity #R07129-501*

Medical Equipment Loans

The Damascus Lions Club maintains a medical “closet” for the local community. If you would like to borrow or donate any medical equipment (wheelchairs, walkers, canes, hospital beds, crutches, shower stools, etc.), please call Lion Tessie Gladhill at 301-253-2141 or Lion Jack Peters at 301-253-2589.

Recycling and/or Disposal of Used Batteries

Look for the box on the coatroom shelf outside the auditorium.

AARP Friendly Voice Program

If you or someone you love is feeling isolated or anxious in these challenging times, hearing a friendly voice on the phone may help. The AARP Friendly Voice Program provides trained, caring volunteers standing by ready to chat, listen, or just say hello. It's easy. Request a call by dialing AARP at 1-888-281-0145 for English or 1-888-497-4108 for Spanish, between 9 am—5 pm.


Thank You!

Thank you to local businesses and organizations that donate their time, services and/or products to enrich our programs!

4-H - American Heritage Girls - Bealls Florist - Damascus Lions Club
Damascus Y Women - Harwood House - Little Far East II - Partners in Care
Pivot Physical Therapy - Quincy's Uptown Bar and Grill - Safeway - Trader Joe's
- Weis Markets - M&T Bank

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Coping w/ Change 11:00 Music in Motion 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 Birthday Party	2 9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Trivia Challenge
5 9:00 Social Hour 10:00 Walking Club 11:00 Tap Dance (\$) 12:00 Lunch 1:00 TEDTalk Monday	6 9:00 Social Hour 9:30 Mt. Airy Walmart 10:00 Chairobics 11:00 Bridge 11:00 Tai Chi (<i>video</i>) 12:00 Lunch 1:00 Ocean Day, part 1	7 9:00 Social Hour 10:00 Chairobics 10:30 Blood Pressure Check 11:00 Zumba 12:00 Lunch 12:00 Mah Jong 1:00 Frank Plumer	8 9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Coping w/ Change 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 Ocean Day, part 2	9 9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Line Dancing with Cathy
12 9:00 Social Hour 10:00 Walking Club 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Ballpoint Pen Day	13 9:00 Social Hour 10:00 Chairobics 10:00 Mosaics 11:00 Bridge 11:00 Tai Chi 11:15 Movie Day 12:00 Lunch 1:00 Movie Day (cont.)	14 9:00 Social Hour 10:00 Chairobics 11:00 Zumba 12:00 Lunch 12:00 Mah Jong 1:00 Outdoor Photography	15 9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Coping w/Change 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 Brain Games	16 9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Gwen on Piano
19 Closed for Juneteenth	20 9:00 Social Hour 9:30 Milestone Walmart 10:00 Chairobics 11:00 Bridge 11:00 Tai Chi 12:00 Lunch 1:00 Bingo	21 9:00 Social Hour 10:00 Chairobics 11:00 Zumba 11:30 Social Worker 12:00 Lunch 12:00 Mah Jong 1:00 Ann and Samantha Day	22 9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Coping w/Change 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 Pink Day	23 * BBQ Bonanza* 9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 Seniors' Choice
26 9:00 Social Hour 10:00 Walking Club 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Nutrition with Teresa	27 9:00 Social Hour 10:00 Chairobics 11:00 Bridge 11:00 Tai Chi 12:00 Lunch 1:00 Horseshoes	28 9:00 Social Hour 10:00 Chairobics 11:00 Zumba 12:00 Lunch 12:00 Mah Jong 1:00 Chat with Director	29 9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Coping w/Change 12:00 Lunch 1:00 Canasta 1:00 Tea Dance 1:00 Art and Music	30 9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 LCR

Damascus Senior Center

June 2023 Member Spotlight

Elaine DeStefano



Elaine DeStefano grew up in a small town on the edge of New York City with one brother and one sister. Her hometown provided her with a childhood that included all the advantages of a rural environment and the big city at the same time. There was a farm right up the street from her home, and she went hunting for rabbits in the same place that is now the Long Island Expressway!

Never one to be idle, Elaine had many jobs as a teenager—babysitting, working at camps, a movie theater, and a shoe store. When envisioning her future career, at first she thought she'd like to be an engineer and then changed her mind and decided to become a teacher. Elaine went to Queens College in NYC, majoring in Education. Upon graduation, Elaine took her first job at a school in Long

Island teaching 2nd grade, staying at that school for ten years.

Elaine married and raised four children, first in New York, and then moving to Pennsylvania, but still very close to the New York line. Elaine lived in Pennsylvania for 25 years, growing and canning her own vegetables, and substitute teaching while she raised her children. She was especially in high demand to substitute in special education classrooms because she was so successful in handling special education students. Elaine credits this skill to her experience growing up with her brother who had mental disabilities.

Later, when both her husband and her mother became sick, Elaine became a caregiver for both of them and also found time to volunteer at the church. In 2000, Elaine and her husband moved to Maryland to be closer to her children which was a blessing when her husband and her mother both passed away within a few years. As grandchildren started to come, Elaine enjoyed watching them while her daughter worked, driving carpools, and overall being a big part of daily life with family. Elaine also started volunteering at the Damascus Senior Center in 2002 in addition to the children's schools and at the church, prompting one of her grandchildren to ask her, "Grandma, when are you going to retire from your retirement?!"

Needless to say, Elaine likes to stay busy! Today, she is still volunteering at the Senior Center on a regular basis and staying involved with family, including nine grandchildren. She enjoys doing puzzles of all kinds and reflects on what a happy life she has had, saying "The good Lord has been good to me." We agree, Elaine!